Crow (Bakasana)

*You’ll be pleasantly surprised at just how good you are at keeping yourself afloat. It just takes a little courage and engaging the right muscles, mainly your core and inner thighs*

* Put a block in front of your head if you are afraid you’re going to fall
* Put a block under your feet if you have tight abductors
* Come to a squat with your weight in your toes and your knees out (hence the hip openers)
* Scoop up your abdomen and lift your hips up
* Take your hands to chaturanga arms
* Weight in your palms – grip into your fingertips
* Take your knees outside your upper forearms – or rest them in your armpits
* Let your weight come forward
* From your abdominals – lift your toes up (try one at a time)
* Balance between your head and your tail
* More challenging:
	+ Squeeze the knees right outside your upper arms
	+ Straighten your arms
	+ Crow to tripod (and tripod to chaturanga)
	+ Crow to chaturanga (shoot back)
	+ Jump into crow
	+ Crow to mountain climber

Side Crow (Parsva Bakasana)

*If we don’t learn to fall on our mats, we limit ourselves from falling in life. If we don’t fall down, we can’t learn what it takes to keep ourselves up.*

* Begin in a squat position with your knees and shins together.
* Keep your knees pointing forward and rotate your torso to the right.
* Set your palms firmly on the ground shoulder width, about a foot in front of you.
* Anchor into your palms, lift your hips up, draw your core in and begin to transition the balance of your body: left elbow into your right knee and right elbow towards right waist and ribs.
* Think “nose toward the ground, butt to the ceiling” in order to lift your feet off the ground.
* If you’re afraid of the face plant – accept it and go ahead and rest your cheek on the ground
* Look forward slightly and lean forward balancing your torso on your arms like a little shelf.
* Keep hugging your shins in as they can splay apart, and either stay here with bent knees or begin to press both heels toward the side wall (bottom leg forward top leg back)
* Think Chaturanga arms, drawing shoulder blades onto your upper back and lift up into your core
* More challenging:
	+ Work towards only balancing your thigh on your front arm, with your back arm at dolphin (bent with elbow on the ground)
	+ Work towards only balancing your thigh on your front arm, with your back arm fully extended, palm on the ground

*Falling out of crow isn’t going to give us major brain damage or knock us out – it is not called “Face Pantasana”*